

Head Lice

Occasionally a child comes to school with head lice. Currently there seems to be an increase in cases in the metro area. Unfortunately a few Frontier students and families have experienced this.

Lice are tiny insects that live on a person's scalp. They can come from almost anywhere; sharing a friend's clothing, brush and hair accessories, or even an upholstered seat in a movie theatre. Lice can happen to ANYONE. They are NOT indicative of poor hygiene.

While Lice do NOT cause illness or disease, they are a major annoyance and labor intensive to get rid of. A primary sign of lice is itching behind the ears and at the nape of the neck at the hairline. They do not fly but crawl from head to head or drop onto clothing or bedding. If you think that your child might have lice, the following treatment regimen is recommended by the Colorado Department of Public Health. There is also a link to this CDC website that has good information and pictures. Your school nurse, Lauren Von Schaumburg is also available to answer your questions.

TREATMENT:

Over-the-counter and prescription treatments are available. Treatment instructions should be followed closely. Flammable or toxic substances, such as gasoline or kerosene, should never be used. Nits can survive treatment, so a second treatment is often needed 7 to 10 days after the first treatment. Removing nits from the hair using a nit comb is recommended.

How to Control Head Lice

1. Shampoo the child's hair (and other infested family members) with an appropriate shampoo or cream rinse, which is labeled for controlling lice. Some examples of lice shampoos or rinses include: A – 200 Pynate, Kwell, Nix, Rid, and R & C. These and other products are available at your local drug store, or they may be prescribed by a doctor. Be sure to follow the instructions on the label!!! Do not use remedies or products that are not labeled for controlling lice as these may not work, and they may even be harmful.
2. Be sure to shampoo all affected family members at the same time! Any family member with nits (eggs) in the hair or with an itchy scalp should be treated.
3. After shampooing, family members should change into clean clothes. Wash all dirty clothing, linens, and towels in a hot or warm wash cycle. Non-washable items may be dry-cleaned, or they may be vacuumed and sealed in plastic bags for two weeks.
4. Soak combs, brushes, hair picks, etc. in hot (almost boiling) water for at least 15 minutes.
5. Vacuum chairs, couches and other furniture where the children sit, sleep, or play in order to pick-up any loose nits or lice. You do not need to apply household pesticides.
6. Be sure to shampoo everyone once again 7 to 10 days later!!! The timing is very important. In addition, remember to wash dirty clothes, vacuum furniture and treat combs and brushes on the same day.
7. To better your chances for a successful treatment, take the time to remove nits from your child's hair, preferably by using nit combs which are available at local drugstores. Nit removal is important as some of the eggs will survive the shampoo treatments.

How To Avoid Getting Head Lice

1. Do not share hats, combs, brushes, scarves, or coats.
2. Hang your coats separately. Do not hang or pile them on top of each other.

http://www.cdc.gov/parasites/lice/head/gen_info/faqs.html